



# Mentalization Based Treatment (MBT): Practitioner Level Training

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<b>Date:</b>	March 4-5, 2022 (Eastern Time)
<b>Location:</b>	Virtual
<b>Tuition Fee:</b>	\$900
<b>Provided by:</b>	Gunderson Personality Disorders Institute, McLean Hospital
<b>CME Credits:</b>	8.5
<b>Course Director:</b>	Lois W. Choi-Kain, MD, MEd
<b>Faculty:</b>	Anthony Bateman, MA, FRCPsych; Lois Choi-Kain, MD, MEd; Brandon Unruh, MD; Robert Drozek, LICSW
<b>Prerequisites:</b>	None
<b>Registration:</b>	<a href="https://home.mcleanhospital.org/gpdi-mbtprac">https://home.mcleanhospital.org/gpdi-mbtprac</a>

## Course Description

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This two-day workshop expands previous knowledge and embeds the basic skills of mentalization-based treatment (MBT). The new MBT Practitioner course is made up of 2 days of live, instructor-led content (including breaks) and 4 hours of self-guided content - attendees will be required to do various tasks before, in-between and after the live, instructor-led sessions. **These self-paced hours will not be included in the CME credits.**

This workshop is suitable for mental health and other professionals who are interested in the treatment of personality disorders and have already completed the 3-day Basic MBT Training. Participants are expected to have been using mentalizing skills in their everyday practice and, when possible, to have participated in supervision. Participants learn how to use the MBT adherence scale for individual therapy and hone their MBT skills through clinical demonstration, video ratings, and role plays. Using video, participants demonstrate their use of basic interventions within a standardized scenario with an actor. This may be used towards recognition of competence and access to supervision to become a supervisor.

Participants are encouraged to apply to bring a clinical video or audio of their work to demonstrate their use of basic MBT interventions. Consent from the client for part of a session to be shown for training purposes is required.

Alternatively participants may present a clinical problem with an MBT focus. This will be discussed and role play used to identify appropriate MBT intervention process.

A maximum of 5 presentations from participants is possible. Please apply early (by emailing [gundersonpdi@partners.org](mailto:gundersonpdi@partners.org)) if you would like to take up this opportunity.

## Target Audience

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Physicians, psychiatric nurses, psychologists, social workers, licensed mental health counselors.

## Educational Objectives

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This workshop will equip participants to:

1. Employ the MBT adherence scale for individual therapy
2. Demonstrate application of MBT technique in video-taped role plays
3. Describe how to apply MBT to disorders other than BPD
4. Develop MBT services

## Agenda

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Day 1

- 10.00 Introduction and outline of training
- 10.15 Small Group Exercise
  - a) Deciding on practicalities and thinking about working online in group therapy/individual therapy as a small group
  - b) Establishing group values for the training -What values can you agree for your group work. How do these relate to values in MBT
  - c) Consider which values from the Values check list you might use for an MBT group for BPD and ASPD
- 10.35 Large group discussion
- 10.45 Clinical Introduction Plenary: Trainer introduction about MBT Group/Individual Face to Face and Online
- 11.00 Break
- 11.20 Small group - outline a protocol (make headings) for patients joining a group online who have never met face to face. What written information will you provide?
- 11.35 Plenary Discussion
- 11.45 Clinical Interventions 1 Trainer: MBT and Communication Systems 1 and 2 – Introducing the patient to MBT and preparation for treatment contrasting face to face with online treatment: Engagement/Formulation/Risk Management
- 12.00 Small Group: Following your protocol headings discuss the detail of engagement of the patient in individual and group work
- 12.20 Clinical Interventions 2 Trainer: Formulation and Risk Management
- 12.25 Small group: Consider risk management of a patient who shows increasing risk in online group treatment. Write (headings) a brief 'stepped' process for an MBT clinician to follow
- 12.45 Plenary Discussion
- 13.00 LUNCH
- 14.00 Clinical Intervention 3: Trainer: Working with Trauma with Psychic Equivalence and Teleological Modes face to face and in Online treatment
- 14.30 Discussion Small Group: Illustrative role play: trainer/trainer or trainer/participant
- 15.00 Break
- 15.20 Treatment Clinical Interventions 4 Trainer: Introduction to MBT Self-reflection and use of Adherence Scale  
Small Group: Take each Domain and Item of the Adherence Domains and discuss examples of therapist intervention to define each item
- 15.40 Discussion and Agreement for presentation of Clinical Examples
- 16.00 END

## Day 2

- 10.00 Introduction and Discussion of pre-submitted questions
- 10.15 Small Group: Discuss your adherence homework together.  
Do you have inter-rater reliability in terms of where interventions are placed i.e. under which items? What tips have you given for the clinician to improve their practice?
- 10.35 Plenary Discussion
- 11.00 Break
- 11.20 Clinical Intervention 5: Trainer: Introduction to Hypermentalizing/Pretend Mode
- 11.30 Clinical Example from Participant (agreed on Day 1)  
Illustrative role play based on example: trainer/trainer or trainer/presenter
- 12.10 Clinical Intervention 6 Trainer Introduction to relational and counterrelational mentalizing
- 12.20 Clinical Example from Participant (agreed on Day 1)  
Illustrative role play based on example: trainer/trainer or trainer/presenter
- 13.00 LUNCH
- 14.00 Clinical Intervention 7 Trainer: MBT Group and Group Relational/Counterrelational Mentalizing - face to face and online
- 14.15 Clinical Example from Participant (agreed on Day 1)  
Illustrative role play based on example:  
Participants Role Play Group members.  
Trainer + participant therapists
- 15.00 Break
- 15.20 Summary and questions
- 15.30 MCQ Test
- 15.40 Discussion of answers and Further Questions
- 16.00 END

## Faculty Information

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**Anthony W. Bateman, M.A., F.R.C.Psych.** Director, Psychotherapy Services and Research Lead, St. Ann's Hospital, London; Visiting Professor, University College, London; Chief Examiner, Royal College of Psychiatrists, United Kingdom

**Lois W. Choi-Kain, M.D., M.Ed.** Director, Gunderson Personality Disorders Institute; Assistant Professor of Psychiatry, Harvard Medical School

**Brandon Unruh, M.D.** Director, Mentalization-Based Treatment Clinic, McLean Hospital; Assistant Medical Director, Gunderson Residence, McLean Hospital; Instructor in Psychiatry, Harvard Medical School

**Robert P. Drozek, L.I.C.S.W.** Clinical Social Worker, Gunderson Outpatient Program, Alcohol and Drug Abuse Partial Hospital Program

## Continuing Education

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**Physicians:** McLean Hospital is accredited by the Accreditation Council for continuing Medical Education (ACCME) to provide Continuing medical education for physicians.

McLean Hospital designates this educational activity for a maximum of 8.5 *AMA PRA Category 1 Credit(s)*<sup>™</sup>. Physicians should only claim credit commensurate with the extent of their participation in the activity.

**Psychologists:** McLean Hospital is approved by the American Psychological Association to sponsor continuing education for psychologists. McLean Hospital maintains responsibility for this program and its content. Participants meeting requirements will receive 8.5 CE credits.

**Nurses:** This program meets the requirements of the Massachusetts Board of Registration in Nursing (244 CMR 5.00) for 8.5 contact hours of nursing continuing education credit. Advance practice nurses, please note: educational activities which meet the requirements of the ACCME (such as this activity) count toward 50% of the nursing requirement for ANCC accreditation.

**Social Workers:** This program has been approved for 8.5 Social Work Continuing Education hours for relicensure, in accordance with 258 CMR Collaborative of NASW and the Boston College and Simmons Schools of Social Work Authorization Number D 90127.

**Licensed Mental Health Counselors:** McLean Hospital has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 6085. Programs that do not qualify for NBCC credit are clearly identified. McLean Hospital is solely responsible for all aspects of the programs. This offering meets the requirements for up to 8.5 NBCC hours.



## Disclosure Policy

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Harvard Medical School (HMS) adheres to all ACCME Essential Areas, Standards, and Policies. It is HMS's policy that those who have influenced the content of a CME activity (e.g., planners, faculty, authors, reviewers, and others) disclose all relevant financial relationships with commercial entities so that HMS may identify and resolve any conflicts of interest prior to the activity. These disclosures will be provided in the activity materials along with disclosure of any commercial support received for the activity. Additionally, faculty members have been instructed to disclose any limitations of data and unlabeled or investigational uses of products during their presentations.

## Refund Policy

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Due to the small nature of our trainings, the Gunderson Personality Disorders Institute cannot offer any refunds. If the participant is unable to attend, they may send a substitute attendee.